

POSTOPERATIVE INSTRUCTIONS:

FOR: Vaginal hysterectomy, Laparoscopic Assisted Vaginal Hysterectomy

DO:

- Get up and walk regularly. It is important to keep your blood circulating. You should rest when you need to and then get up and move around for a few minutes. --Each day you should gradually increase your physical activity.
- Eat a healthy diet. Start with soups and light meals, then add high quality protein (eggs, chicken, meat, fish) and vegetables. Fresh fruits are good to add fiber and vitamins. Avoid heavy meals, especially at first.
- Empty your bladder regularly. Don't try to "hold it" for too long, especially at first.
- Take stool softeners, and laxatives as needed, particularly if you are taking pain medications.
- Take your temperature twice daily for the first 5 days, then after that if you are not feeling well. Call immediately (561-701-2841) for any fever of 101 or greater.
- Use pads for bleeding and discharge. Avoid tampons after surgery.
- Shower as needed. You may use soap and water if you have incisions on your abdomen, it is okay to get them wet if you dry properly afterwards. Avoid tub baths unless instructed for the first month.

DON'T:

- Push yourself too hard the first couple of weeks. Increase your activity gradually.
- Lift heavy objects (if it feels heavy to you, it's too heavy, regardless of the actual weight)
- Drive for the first 3 to 5 days at least. Don't drive if you are taking narcotic pain relievers or if you are not completely comfortable with the seat and shoulderbelt on, manipulating the pedals and steering wheel without hesitation.
- Swim or take a tub bath for at least a month
- Have penetrative sex for at least 8 weeks (be sure you get the ok first at your postop check)
- Insert anything into your vagina unless instructed to do so by your doctor or nurse practitioner.